

NOVEMBER BATHROOM BANTER

VIRGIN PULSE *Double Points Opportunity*

You may have noticed new Virgin Pulse Program features now offered to COSA employees, including sleep & nutrition tracking.

Sleep better than ever! Pick a sleep profile, get customized tips, and see all your sleep data in one place. This guide is full of rewards! The more you track and sleep, the more you earn.

November 7-14

In light of daylight savings (get it?), get 2x points for tracking your sleep for the week. And don't forget to set your clock back an hour to give yourself some of those extra Zzzzzzs.

Want more energy? Trying to curb cravings? Pick a nutrition profile and get healthy tips and recipes just for you.

November 15-22

To honor Diabetes Awareness Month, get 2x points for tracking your nutrition for the week. Pro tip: Use MyFitPal to track and earn even more Virgin Pulse points.

THE GREAT AMERICAN SMOKEOUT

November 18th, 2021

Get ready for the Great American Smokeout by enrolling in the Quit For Life Program this November. While quitting can be tough, planning ahead can boost your chances for success. Use the date to make a quit plan. Quitting, even for one day, is an important first step to a healthier life.

- Work 1-on-1 with a Quit Coach over the phone
- Enjoy tips, advice and encouragement
- Get nicotine patches and/or gum if you qualify
- Join the program at no additional cost

Want to keep more of your cash? Complete the program and you may qualify for removal of the \$40 tobacco-user surcharge. Enroll now at quitnow.net or by calling 1-866-QUIT-4-LIFE, TTY 711

COSAWell

WELLNESS WORKSHOP *Healthy Holiday Traditions*



Looking for ways to stay healthy during the holidays?

Look no further because your BCBSTX health coaches will be presenting this month's wellness webinar!

The holiday season is a great time to gather with family and friends to continue special traditions. As the holidays approach, it's important to stay mindful w/tips to make your holidays this year healthy. From holiday parties to healthy substitutions and holiday budgeting, this presentation will be sure to lead you towards a healthier holiday season with your loved ones.

TUESDAY
NOVEMBER 23
1-2 PM

Sign up Today!



2021 RNR MARATHON *Volunteer or Participate*

The RNR Marathon will return on Sat. & Sun., December 4-5. Use discount code COSA10 and receive \$10 off registration costs.

Don't want to run but would still like to participate? COSAWell invites you to volunteer at COSA's RNR water station along the route to help keep runners hydrated. Look for more details soon including how to register and what goodies to expect this year!

WELLNESS@SANANTONIO.GOV

HEALTHY RECIPE *Wild Rice or Quinoa Stuffing*

You can make this much healthier than average stuffing with either wild rice or high protein quinoa.

Ingredients

3/4 cup uncooked wild rice (or equal uncooked quinoa)
2 1/2 cups water
1 tbsp olive oil
3/4 cup chopped onion
1 cup sliced mushrooms
1/4 cup dried cranberries
2 cups diced celery

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1/2 tsp salt
1/4 tsp black pepper
1 tbsp poultry seasoning
1 cup chopped apple (peeled or not)
1/2 cup reduced sodium chicken broth
1/4 cup slivered almonds, toasted



Instructions

Rinse wild rice two to three times - until the water runs clear.

In a 1 1/2-quart saucepan, bring wild rice and water to a boil. Reduce to a simmer, cover and cook until all water is absorbed, stirring frequently. Do not burn. Cook wild rice for about 30 minutes. (If you're using quinoa, cook it for about 15 minutes.)

In a skillet over medium heat, heat olive oil. Add onion, mushrooms, apple, cranberries and celery. Stir and heat through until tender. Add the salt, pepper & poultry seasoning. Continue to stir and cook slowly until fragrant, about 10 minutes total.

In a large bowl, combine the cooked rice (or quinoa), fruit-vegetable mixture and chicken broth. Use to stuff turkey. Or bake in a covered dish coated with cooking spray until warmed through (about 20 minutes). Serve garnished with a sprinkle of toasted almonds and enjoy. Don't forget to save room for a small serving of dessert to treat yourself for your hard work!